



# Parts of my Body

## Ages 4 years—5 years

**Objective:** The child will know their body parts through counting, saying, and matching them.

### **Materials needed:**

You and your child—and their body parts!

Matching body parts (printable)

Crayon or Marker (for child to write with)

### **Procedures**

1. Sit in an open area with your child.
2. Begin by sitting with your child. Now ask your child to count their own toes on their right foot, then their left foot. Ask them to count all of your toes.
3. Now ask your child to count each of their fingers on their right hand, then their left hand. Ask them to count all of your fingers.
4. Have your child tell you where each of these body parts are: Eyes, ears, mouth, nose, hair, arms, legs, hands, feet, knees, elbows, neck.
5. Follow the instructions and parts of the body to count and teach your child on the next page.



# Parts of my Body

## Ages 4 years—5 years

6. Body parts to say/teach and count on your child:

- Feet, toes, legs
- Arms, hands, fingers
- Eyes, ears, mouth, cheeks, head, nose
- Belly button
- Knees and elbows

You can also have your child tell you what each of these body parts are used for or do.

7. Afterwards, sit at a small table and do the matching body parts sheet together with your child.

### **Milestones to meet:**

The child can count their fingers and toes. The child recognizes and can name their body parts. The child can draw a line to match same pictures.

### **Evaluation:**

Did this lesson work for your child? Why or why not?